

HOPE Network Newsletter – Summer 2006

(Text Only Version)

NWBA Basketball Camp

The National Wheelchair Basketball Association (NWBA), along with HOPE Network and Slippery Rock University, will be hosting a regional basketball camp at the Aebersold Recreation Center on SRU's campus from August 4 through August 6th. This camp, designed for wheelchair athletes and coaches age 18 and over, will follow a "day-camp" format. Veteran USA national team coach Lew Shaver (Minnesota) will direct the camp with assistance from Jim Glatch (Edinboro University) and John Sikora (Pittsburgh).

Each individual camper will be responsible for their own transportation, lodging, and meals. There will be 3 sessions daily with the first starting at 9:00 am. The cost of the camp is \$150 per person. Each individual will receive a playing jersey and a commemorative t-shirt. Registration information is available by visiting the NWBA website at www.nwba.org or by calling HOPE Network. Deadline for registration is July

Water Skiing, Cycling, & Fishing Outing

HOPE Network is once again heading to the waters of West Virginia for an action packed day of fun in the sun and in the water. On Saturday, July 29th, HOPE Network will hold a full-day of summer activities. Come and join us for a day of skiing, cycling, and fishing at Cheat Lake, WV.

Water skiing and hand cycling equipment will be provided. Dock access is available for fishing, but a WV fishing license must be obtained. You can apply for a 3-day visitor's license on-line at www.wvfish.com for \$15 or purchase it from a local store on the day of the event for \$18. (There is a \$3 issuance fee when buying it in person.)

The cost associated with this outing is \$30 per person. Advanced registration is required. **Deadline for registration is July 21st.**

Volunteers and sponsors are being sought to help support the activities for this day.

There is a need for sporting volunteers, boat drivers, wave runner operators, spotters, jumpers, launchers, equipment handlers, as well as volunteers to handle food preparation. If interested, call the Healthsports office at 412-826-2703.

Steel City Starz Annual Team Meeting

The Steel City Starz are gearing up for their 5th season in the National Wheelchair Basketball Association's Women's Division. The team is always looking for women who want to get involved in the world of competitive sports. Even though the sport requires you to use a wheelchair to play, the individual does not have to be a wheelchair user. Any one who has a lower-extremity impairment is eligible to play.

The Starz season will start with a team meeting on Wednesday, **July 19, 2006** (note date change) at Healthsouth Harmarville Rehabilitation Hospital at 6:00 pm. (room location TBD) This meeting will cover the upcoming season's practice and game schedule, as well as, information about the annual fundraiser required to raise money for team travel and equipment. Formal practice and games begin in the Fall. For more information, please call the Healthsports office.

Junior Wheelchair Basketball

The Junior Wheelchair basketball program is off to an exciting start! In the first three practices there have been 25 different participants attend who are coming mainly from western PA but with some also traveling in from as far away as Cleveland and Wheeling. All the players have certainly kept the gymnasium at The Children's Institute in Squirrel Hill (Pittsburgh) rocking on the Saturday get-togethers. They spend the first couple hours of each camp working on basketball fundamentals and skills, the last hour playing games. Plans are to continue to meet each Saturday throughout the summer. Any child, aged 8 to 20, who has a physical disability and can propel a manual wheelchair is welcome to attend. The day-camp runs from 11:30 am until 3:00 pm and includes experienced wheelchair basketball stars and coaches who provide tips on game techniques, ball-handling, chair mobility, shooting, and of course playing around. Coaches Theresa Crytzer, Chaz Kellem, and Mike Houy provide excellent direction and enthusiasm. Come hoopin' and hollerin'! It is FREE!!! This program is underwritten through the generous support of the Jonathan M. Houy Memorial Fund of the Pittsburgh Foundation. *Call weekly to register and verify dates.*

It's Tee-Time!

Join HOPE Network and friends on local public golf courses to play 9, or all 18, holes. The bi-weekly golf gatherings give golfers a chance to expand their knowledge of the sport, share their secrets, while adding the thrill of some friendly competition. Dates are on posted on the calendar of events. This year will start and end at Donegal Highlands with Saxon Golf Course and Butler's in between. *Call to register and get information on green fees and directions.*

Want some competition??? Show what you have learned and join local disabled golfers at one of the area's only golf tournaments showcasing disabled golfers—the **Chuck Scally Memorial Open** (August 7). This tournament is a 4-man scramble format which allows individual players a margin of error in their game, but it gives everyone a chance to compete for the team win. **Registration deadline is July 28, 2006.** *Call the Healthsports office for more information on registration and volunteering, or simply return the enclosed registration form.*

HOPE Network Night at PNC Park

On Monday, July 17, 2006 the Pittsburgh Pirates are inviting all participants, volunteers, and sponsors of HOPE Network to come out and enjoy this special night. Game time is at 7:05 pm with the Pirates vs. the Rockies. Outfield box seats are \$16 per ticket and left/right grandstand seats are \$7 per ticket. For more details contact Chaz Kellem, Account Executive for Multicultural Sales, at 412-325-4488.

TRAS Activities

The TRAS annual water ski clinic will be held at Conneaut Lake from July 17-20, 2006. It is the 16th year for this clinic, so mark your calendars. TRAS will also be skiing every Monday evening on the Monongahela River right outside of Elizabeth. Call the TRAS line for more information at 412-848-8896.

Tom Wilson is putting together a canoeing and camping excursion on the historic Antietam Creek in Sharpsburg, MD. The trip is scheduled for September 8-10, 2006. The fee is \$75 per person and includes boat, camping fees, and food. Call Tom for information and reservations at 412-818-4200.

Self Defense & T'ai Chi Classes

On August 15th, Dr. Ted Cibik, Executive Director of Inner Strength, Inc., doctor of Chinese medicine, and licensed naturopath, will conduct a T'ai Chi and QiGong class. T'ai Chi is the beautiful and graceful martial arts form that builds strength, balance, coordination, and chi (life energy) in the body. QiGong are exercises that specifically stimulate different acupuncture points and meridian systems to remove blockages and promote a healthy balance within the body.

And, then on August 29th, Dr. Cibik will conduct an adapted self-defense class. This clinic will allow the participant to learn real-life, practice self-defense techniques that start with your mental game plan. Find out your self-defense strength and how it can be used in various situations. Both classes will be conducted in the main gym of Healthsouth Harmarville Rehab from 6 pm until 7:30 pm on their respective nights. To register, call the Healthsports office.

Legs of Steel—Fitness Program for Amputees

The “Legs of Steel” fitness program returns to the Pittsburgh area. This program is offered (free of charge) to all lower-extremity amputees, their families, and rehabilitation professionals who would like to learn techniques for increasing functional prosthetic control. Paralympic gold medalists, Todd Schaffhauser and Dennis Oehler, will teach participants various exercises and training methods designed to help amputees reach their personal activity level goals. Therapists will have the opportunity to assist amputees in their exercises and be able to implement these hands-on skills in their practices. All age groups and activity levels are encouraged to attend. The program is designed to ensure that all amputees benefit. Come dressed to participate in stretching, strengthening, and walking exercises.

Legs of Steel clinics will be held from 6-8 PM on the following dates:

UPMC Southside Hospital, Rehab Services.....Sept 20
Healthsouth Harmarville Rehabilitation Center, Main Gym.....Sept 21

For more information, please call Deb Carey of Union Orthotics & Prosthetics Company at 412-225-0385.

Las Vegas Night Returns

The Steel City Starz are once again planning to bring a little bit of Vegas to the Pittsburgh area. The team is in the process of putting together this annual fundraiser to raise money for team expenses as well as to promote getting women with disabilities involved with all types of physical activity.

The event will be held on Friday, November 12, 2006 at a location to be determined. The planning process has just begun.

The Starz are currently seeking **event sponsors and in-kind donations** that may be used for the Chinese and silent auctions held the night of the event. To receive a sponsor packet or to donate an item, please call the Healthsports office at 412-826-2703.

Past Events

16th Annual Eat'n Park Hoops Classic

The 2006 Eat'n Park Hoops Classic was held on Saturday, June 10th at the beautiful Galleria at Pittsburgh Mills. The new location proved to be an excellent site for this annual fund-raiser event. Eat'n Park, title sponsor, was on hand to offer signature food choices, i.e. sandwiches and smiley cookies, for the active crowd of thousands of participants, volunteers, and spectators. Special event skills contests including 3-point shoot-out, 2-man hot-shot, and free throw contests kept the crowd busy during non-game times.

Stars...young and old, past and future...entertained the audience in over 700 tremendous basketball games throughout the day. Over 60 referees from local basketball officials chapters provided their services to keep the games flowing on a timely and orderly fashion. Over 200 volunteers gave time to conduct activities such as score keeping, registration, medical/first aid, concessions, site set-up and clean-up, and many behind the scenes hours of preparation.

The Hoops Classic continues to grow with generous support of our corporate sponsors (listed in the donations section of this newsletter). Thank you to everyone involved.

A special feature of this years' event was the Steelers season tickets raffle. The winner of this fantastic prize is **Paula Kinnamon** of Vandergrift, PA. Enjoy the season Paula and cheer on the defending Super Bowl Champs in 2006-2007.

Learn to Golf Clinic

On June 24th, HOPE Network along with LPGA pro, Deb Constantine conducted their annual "Learn to Golf" Clinic at Pine Creek Golf. The day was beautiful and so were the strokes. This year's participants were no novices to the game of golf and they proved that soon after placing the ball on the tee. Watch out veterans, these guys are coming to the outing.

Welcome New Member of HOPE Network's Board of Directors

HOPE Network is extremely pleased to announce the recent addition of a new member to its Board of Directors (BOD). Joining the ranks at the May BOD meeting was:

Mr. Jack Canavan—attorney member with Klett Rooney Lieber & Schorling.

A warm welcome is extended to Jack as we look forward to his guidance and assistance with the future growth of HOPE Network.

Donations

A significant percentage of HOPE Networks' operational budget is dependent upon, and supported through, private donations. There are many ways to donate to HOPE Network including :

- \$ monetary donations made directly to the HOPE Network
- \$ in-kind donations (i.e. equipment, services)
- \$ the United Way Contributor's Choice Program (**Code #968193**)
- \$ Volunteerism

Any of these methods of support will help to continue all of HOPE Network's programs. Additionally, they provide great opportunities for you to experience the world of adapted sports. All donations are tax-deductible and are greatly appreciated!

Thank you to recent contributors and sponsors:

Robert "Skip" Alberts	Family and friends of Ron Cienek
Nadav Baum	PPG & Associates FCU

2006 Hoops Classic Sponsors:

Eat'n Park Hospitality Group	JE Balicki & Associates
Highmark	Dick's Sporting Goods
Jefferson Pilot	ESPN Radio
Medrad	Mills & Henry
Blattner Brunner	Fennell Consulting
Morneu Sobeco	Sheridan Broadcasting
Giant Eagle	Roth Carpet
Cinemark	AC Dellovade
Schneider Downs	Comcast
Alle-Kiski Medical Center	SunLife
First Commonwealth Bank	American Beverage Corporation
TREK Development	Grogan Graffam
Blackburn's Physicians Pharmacy	UNUM Provident
Healthsouth Harmarville	Connecticut General Life Insurance
Guardian Insurance	

HOPE Network extends its prayers and condolences to the Cienik family and friends as we mourn the loss of life of Ron Cienik. He will surely be missed.

2006 Calendar of Events

Weightlifting and Conditioning Programon-going - M,W,& F 10:00 am – 1:30 pm
Aerobics.....every Wednesday @ 12:15 pm
Continuing Education for Adapted Ski Instructors (WISP).....January 7 - 8
Steel City Starz's One-day Tournament (Johnstown).....February 4
Healthsports Ski Classic (Hidden Valley).....January 29 – February 1
CLO New Horizons.....Weekly
WISP Ski Bash (TRAS, BARS, 3 Trackers Event).....February 22 - 25
National Women's Wheelchair Basketball Championships (Alabama).....March 4 - 6
Track & Field.....March – July
Adapted Rock Climbing Clinic.....April 29
Junior Wheelchair Basketball Day-C.....April 29; May 13; June 17; July 8, 15, 22, 29
Discover Adapted Sports Day.....TBA
Learn to Golf Clinic...Pine Creek Golf.....May 20...(rain date)...June 24
Pittsburgh Amputee Golf Tournament.....June 2-3
16th Annual Eat'n Park Hoops Classic @ The Galleria at Pittsburgh Mills...June 10
Golf Outings.....July 6, July 20, August 3, August 17
Self-Defense.....August
Tai Chi.....August
NWBA Basketball Camp—Slippery Rock University.....August 3-6
Cycling.....July 29, August 26
Wheelchair Tennis Clinic.....TBA
Fishing.....July – August
Water Skiing (weekly).....July 6 – September 30
All Day Water Skiing, Fishing, Cycling—Cheat Lake, WV.....July 29
Junior Wheelchair Basketball Camp (Edinboro University).....July 30 – August 3
Learn to Kayak/Canoe (Three Rivers Rowing Association).....TBA
Chuck Scully Memorial Open Golf Tournament (TRAS & HOPE Network).....August 7
Steel City Starz- Women's Wheelchair Basketball.....September – March
Pittsburgh Steelwheelers - Wheelchair Basketball.....September – March
Pittsburgh Steelwheelers - Quad Rugby.....September – March
Skeet/Trap/Pistol/Archery Shooting Clinic.....September
WOW! (Winners on Wheels).....TBA

Is there an activity that interests you that isn't on the calendar? Let us know what activities you would like to see offered by the Healthsports Program.

Check out the HOPE Network website for information and updates on scheduled events at www.hopenetwork-pa.org.

HOPE Network is always looking for participants and people to conduct various programs. If you are interested in becoming a volunteer, instructor, and/ or participant, give us a call TODAY!!!